

LUNCH

OCTOBER 2016


Shrewsbury Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Burger and Toppings *Cheese Quesadilla Baked Fries Carrots Apple Slices Chocolate Chip Cookie	4 * Monti's Pizza Assorted Sandwiches Baked Fries Green Beans Caesar Salad Strawberries	5 Popcorn Chicken Grilled Chicken BLT Wrap Mashed Potato Corn Tossed Salad Roll Pears	6 * Papa Gino Pizza Chef's Choice Baked Spiral Fries Steamed Broccoli Cherry Tomato Basil Salad Peaches	7 No School Professional Day
10 No School Columbus Day	11 * Monti's Pizza Assorted Sandwiches Baked Fries Green Beans Tossed Salad Mixed Fruit	12 Chicken Nuggets Chicken Caesar or *Caesar Salad Bowl Mashed Potato Corn Garlic Knot Raisins	13 * Papa Gino Pizza Chef's Choice Baked Sweet Potato Fries Cherry Basil Tomato Salad Strawberries	14 Taco Bowl Assorted Sandwiches /Baked Chips Macaroni Salad Broccoli Roll Pears
17 Fenway Frank Grilled Chicken Wrap Baked Fries Baked Beans Mixed Fruit	18 * Monti's Pizza Assorted Sandwiches Baked Fries Green Beans Caesar Salad Strawberries	19 Popcorn Chicken Hamburger/*Garden Burger Mashed Potato Corn Tossed Salad Roll Pears	20 * Papa Gino Pizza Chef's Choice Baked Spiral Fries Broccoli Cherry Tomato Basil Salad Peaches	21 Pasta with Meat or *Marinara Sauce Chicken Patty on a Roll /Baked Chips Steamed Carrots Caesar Salad Blueberries Garlic Knot Roll
24 Burger and Toppings *Cheese Quesadilla Baked Fries Broccoli Apple Slices Chocolate Chip Cookie	25 * Monti's Pizza Assorted Sandwiches Baked Fries Green Beans Caesar Salad Strawberries	26 Baked Chicken Grilled Cheese Oven Roast Parmesan Ranch Spuds Corn WG Roll Mixed Fruit	27 * Papa Gino Pizza Chef's Choice Baked Fries Steamed Carrots Tossed Salad Peaches	28 Chicken Nuggets Assorted Sandwiches /Baked Chips Mashed Potato Corn Hummus and Syrian Bread Pears

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31 Chicken Parmesan over Pasta Assorted Sandwiches / Baked Chips Celery Sticks and Ranch Dip Green Beans Garlic Knot Apple Sauce				<i>Cafeteria help needed- Please email:</i> hdoyle@shrewsbury.k12.ma.us
Lunch \$3.50 Reduced Lunch\$.40 Milk/Bottled Water/Juice \$.65 Cookie \$.65 Snacks \$1.00 Check - <u>What's on the Menu</u> for monthly promos	Please call the Cafeteria Manager at your child's school if you have questions about food ingredients or allergens.		All Lunches include Milk, Juice and Fruit and Vegetable Bar	

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